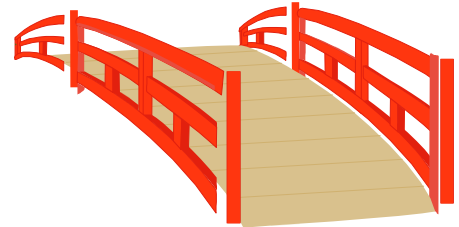


Partnership in Transitional Care

Free Workshops for Individuals Applying for Long Term Care
and their Family Members

Preparing for the Move (to a Long Term Care Home)



This workshop addresses...

- Common feelings at this time & ways to cope
- Planning for the day of the move
- Helping your family member adjust to their new home
- Helping yourself adjust and your new role

Workshop Time: 1:30 p.m. - 3:00 p.m.

Upcoming Dates and Locations:

East End: 1750 Russell Road (Perley & Rideau Veterans' Health Centre)

- Friday, March 19, 2010

West End: 2121 Carling Avenue, Unit 14

(Champlain CCAC Office - Carlingwood Shopping Centre)

- Tuesday, April 20, 2010

Pre-registration required.

**To pre-register and for more information, contact:
613-523-4004**

www.alzheimer-ottawa-rc.org

Ottawa: 1750 Russell Road, Suite 1742, Ottawa, ON K1G 5Z6 Tel: 613-523-4004 Email: info@asorc.org

Renfrew County -- Toll Free Phone: 1-888-411-2067

Renfrew: 500 Raglan St. N., Renfrew ON K7V 1P5 Tel: 613-433-5896 Email: tliebig@asorc.org

Pembroke: 425 Cecelia St., Pembroke ON K8A 1S7 Tel: 613-732-1159 Email: hmartin@asorc.org